

# ABC's of a Broken Heart

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Text Verses: Psalm 55:1-7 (read to congregation)

Background verses: 2 Samuel 13-16 (verbal explanation but not reading)

Introduction:

- Have you ever had a time in your life where you experienced heartache?
- Not a small issue but rather something so traumatic that it changed your life it consumed your days it dictated your life in such a way that you feel the scar even today.
- In our quest to be accepted, respected and loved we all experience some heartbreak...but what happens when the heartbreak is so severe that you feel life may not be worth living?
- The pain can seem overwhelming especially when the heartbreak comes at the hands of a trusted friends, relative, spouse or person in authority.
- Today we are going to examine the ABC's that make up a Broken Heart and see how God has given us a plan to mend the heart in spite if a great trauma. So I will spend a portion of the message on the one who causes the Broken heart and a portion to the one who experiences a broken heart

Let's Read 55 Psalm – listen for the pain and discouragement in the voice of David. (Read 55:1-7 Psalm)

What could have happened that gave this king a Broken Heart? Give explanation of 2 Samuel 13-16

The Main Characters: **David-** (Psalm 55)

David's family  
and a friend.

**Amnon-** (David's son who committed rape against his half sister) 2  
Sam. 13

**Tamar** – David's very loved and beautiful daughter 2 Samuel 13

**Absalom** – David's son who killed Amnon his half brother out of  
revenge for Tamar and later plotted to over-throw  
David's Kingship.

**Ahithophel** - David's close adviser who also plotted with Absalom to  
over - throw David's Kingship.

**You think your family had problems!!!**

**Evil has core values – just like good has core values (love, joy, peace, etc.)**

**Evil's Core Values produce Broken Hearts: What are the ABC's of a Broken Heart?**

(List these three Core Values of Evil in the outline and on the overhead)

**Abuse:** (I want to speak to Abusers)

- Amnon was an abuser. (Physical, Emotional, Mental)
- Satan rules the heart – Pride makes them overpower there victim.
- Pride tries to place them in control with lies (Amnon lied to his sister to entrap her)
- They often isolate their victim. (had Tamar come to his room alone)
- Abuse tries to take the blame from the guilty and place upon the victim (Amnon declared himself sick 2 Sam 13:2) she vexed him, overcame like a spell.
- Will take only partial responsibility
- Once the deed is finished the Abuser believes he now controls the victims life. (put her away)

**Betrayal:** Absalom was guilty of another of Evil's Core Values –Betrayal. It can be just as painful as Abuse. Absalom determined that he was to become King... and make it worst Ahithopel David's trusted advisor was in on the plot.

- Betrayal like Abuse usually builds over time...5 years in this case.
- Betrayal is motivated by Satan
- Its method is destruction, to destroy anyone that is in the way of the heart's evil intention.
- Manipulation of facts and half truths gain the trust of others
- In a moment of opportunity Betrayal springs when the victim seems unaware.

**Constant Harassment:** The third of our Core Values of Evil

- Constant Harassment was what the people in David's Kingdom did when they realized he may be over-thrown. (2 Sam. 16:5-14)
- Harassers quickly switch sides when the odds are not in their favour.
- They wear a person down and need others to walk with them in their deeds.

These three Core Values of evil live all around us and usually in the form of someone we place our trust to...Spouses, family, close friends. The pain they cause can be unbearable the suffering can find no relief. If you are a person that lives by these Core values your only hope is repentance toward God and Faith in Jesus. Your deeds will find you out and the Lord Jesus Himself will declare your suffering which will be far worse than the pain you caused others in this life. If you hold these "Core Values" as a way of life then you will pay a high price at the hand of God. As victims of these core values take no delight in the destruction they face...

What hope can a person whom has experience this horrible pain expect.

MESSAGE OUTLINE: Psalm 55

**1) View whatever comes your way as something God is going to use for His greater good. V. 22-23**

Romans 8:28 (We know all things are working for good...to those that love the Lord)

- When the Lord allows people to touch your life see them as instruments – even if they cause you great pain.
- He has something greater in mind than the intent of the abuser, betrayer or harasser.
- They are not in ultimate control – God is always in control
- They need to have their sin confronted...legally, spiritually (don't be an enabler)
- It is a loving thing for you to bring your accuser to a place of confrontation.

**2) Keep your focus on the Lord, no matter what it cost. V. 16**

- Escape from the enemy – run to God (if abused get out of situation) as David ran from Absalom and escaped the city before he attacked.
- When you stay focused on God the things Satan uses to paralyze you will lose their power to distract.

**3) Completely rely upon God's strength. V. 9-10 (day and night)**

- Conflict and persecution can drain your strength
- Your sleep can be disrupted thinking about the "what if's"
- Your enemy is looking for weaknesses and signs of fear
- They that wait upon the Lord shall renew their strength (Isaiah 40:31)
- The enemy will try to convince you that God has abandoned you
- V.1 David knows God is listening

**4) Recognise that you are fighting a spiritual battle. V. 9, 23**

- He calls on God to engage the battle
- People may be helpful but God is our source of strength in spiritual warfare
- You don't have to resort to human thinking or hands in this battle
- The Lord fights the battles for His own...David knew this from his days of doing battle with the Giant Goliath...David said the battle belongs to the Lord and then went on to defeat the giant.

**5) Expect to be victorious v. 18**

- This was not David's first battle with odds against him... remember the battle with the giant?
- God will not bring you to it unless he is prepared to bring you through it!!
- The Lord fights the battles for His own...David knew this from his days of doing battle with the Giant Goliath...David said the battle belongs to the Lord and then went on to defeat the giant.

**Conclusion:**

Broken Heart's are real, the pain is tremendous and the Core Values of evil put up one big fight against us....but this is not the end of the story. God mends the heart, heals the spirit restores the soul. Remember that God brought a warrior Giant before David to prepare him to become King.

## Work sheet for congregation:

### PSALM 55:4

*"My heart is sore pained within me: and the terrors of death are fallen upon me". KJV*

In the 55 Psalm we read of David's extreme pain while experiencing family, friends and community that had turned against him in dramatic fashion. He was a man suffering with a Broken Heart so severe that he nearly ended his own life. His cry unto God is a cry that no man wishes to ever experience. But if this terrible burden is ever dropped upon you, you can be assured of God's ever present love and care and He will provide a way for you to move forward.

Evil tries to replace God's Core Values of love, joy, peace with its own horrible "Core Values" that will cause a Broken Heart. Below are three "Core Values" we call the **ABC's of a Broken Heart**.

A \_\_\_\_\_

B \_\_\_\_\_

C \_\_\_\_\_

If you hold these "Core Values" as a way of life then you will pay a high price at the hand of God.

What hope can a person whom has experience this horrible pain expect?

### MESSAGE OUTLINE: Psalm 55

- 1) View whatever comes your way as something God is going to use for \_\_\_\_\_ . V. 22-23
- 2) Keep your \_\_\_\_\_, no matter what it cost. V. 16
- 3) Completely rely upon \_\_\_\_\_ . V. 9-10 (day and night)
- 4) Recognise that you are fighting a \_\_\_\_\_ . V. 9, 23
- 5) Expect to be \_\_\_\_\_ v. 18

Broken Heart's are real, the pain is tremendous and the Core Values of evil put up one big fight against us....but this is not the end of the story. God mends the heart, heals the spirit restores the soul. Remember that God brought a warrior Giant before David to prepare him to become King!